

All activities are FREE!

**520 N. Market St
Frederick. MD 21701**

ON THE MARK

May 2013

**Contact:
301-600-1132**

<http://www.frederickcountymd.gov/health>
www.facebook.com/OntheMarkClubhouse

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:30-5- HW Help 5-6 Value of Good Health 6-6:45 Flag football 6-6:45 Pinata making Open 3:30-7	2 3-4 Tobacco Coalition 3:30-5- HW Help 3:30-4:30 library 5-6 money management Open 3:30-7	3 5-5:45- Spanish 3:30-5:30- Open Gym 6-6:30 meditation Space day <i>HW help available upon request</i> Open: 3:30-7pm	4 12-2 1st Saturday Cinco De Mayo Celebration 3-5 Arts at Delaplaine Open: 11am-5pm
6 3:30-5- HW Help 3:30-5:30 Computer Training Teachers week – make gifts 5:30 -6:30 life skills (see alternate calendar for details) Open 3:30-7	7 3:30-5- HW Help 5:45-6:45 photography and photo booth 6:15 -7:15 Deep Breathing Open 3:30-7	8 3:30-5- HW Help 5-6- Media and Health 6-6:30 How to tie a tie 6:15-6:45 meditation Open 3:30-7	9 3:30-5- HW Help 3:30-4:30 library 5-7 Open Gym 5-6 healthy cooking Open 3:30-7	10 3:30-5- National train day- roads and rails museum 5-7- Open Mic/karaoke <i>HW help available upon request</i> Open: 3:30-7pm	11 11-2 Mothers Day Brunch 2:30-3:30-karate 3:30-5 kickball Open: 11am-5pm
13 3:30-5- HW Help 3:30-5:30 Computer Training 5:30 -6:30 life skills (see alternate calendar for details) 5-7 Healthy Cooking Journal Making & entry Open: 3:30-7pm	14 3:30-5- HW Help 6-6:30 meditation 5-6 arts and crafts Journal Making & Entry Open: 3:30-7pm	15 3:30-5- HW Help 5-7 Open Gym 5-6 Chocolate chip cookies! Journal Making & entry Open: 3:30-7pm	16 3:30-5- HW Help 3:30-5 Museum Visit 5-6 money management Journal Making & entry <i>HW help available until 7pm</i> Open: 3:30-7pm	17 5-5:45 Spanish 5:45-6:45 photography and photo booth 6-7 comedy night Journal Making & entry <i>HW help available upon request</i> Open: 3:30-7pm	18 10-2 Healthy Kids Day 12-4 Asian American All day: Volunteer opportunity: Gardening in Frederick Open: 11am-5pm
20 3:30-5- HW Help 3:30-5:30 Computer Training 5:30 -6:30 life skills (see alternate calendar for details) Be a Millionaire day 5-7 Open Gym Open: 3:30-7pm	21 3:30-5- HW Help 5-6:30 Activities at the Park 6- 6:45 kickboxing Open: 3:30-7pm	22 3:30-5- HW Help 5-6-Media and Health Meditation 7pm Keys Game (pre-registration required for this activity) Open: 3:30-7pm	23 3:30-5- HW Help 3:30-4:30 library Family Night Cookout Open: 3:30-7pm	24 Memorial Day Weekend CLOSED	25 Memorial Day Weekend CLOSED
27 Memorial Day Weekend CLOSED	28 3:30-5- HW Help 5-6 Arts and crafts 5-6 DIY Ice cream 6-7- Family Meeting Open: 3:30-7pm	29 3:30-5- HW Help 5-7 Bowling Open: 3:30-7pm	30 3:30-5- HW Help 3:30-4:30 library 5-6- healthy cooking 6-7 Etiquette gardening Open: 3:30-7pm	31 3:30-5:30 Open Gym No tobacco day 5-5:45 Spanish 6-6:30 meditation <i>HW help available upon request</i> Open: 3:30-7pm	



Snacks every day and lunch on Saturdays!

Homework Help and snack time from 3:30-5:00 Monday through Friday

****Calendar activities will be periodically updated throughout the month- new activities will be added!*

Life Skills Schedule: May through July

Every Monday from 5:30-6:30

Monday, May 6

At-Home Skills: How to perform basic first aid

Monday, May 13

Food Skills: How to read nutrition labels and know what's good and what's not

Monday, May 20

Car Skills: How to change a tire

Monday, June 3

Clothing Skills: How to sew on a button and mend a seam

Monday, June 10

At-Home Skills: How to fix a running toilet

Monday, June 17

Clothing Skills: How to iron garments fold, and put away clothing

Monday, June 24

Food Skills: How to know which kitchen tools and equipment to use for which tasks

Monday, July 1

Car Skills: How to check the oil level and add oil if needed;
How to check washer fluid and add more if necessary

Monday, July 8

At-Home Skills: How to do laundry, including treating simple stains

Monday, July 15

Food Skills: How to prepare, serve and store food to avoid spoilage

Future Planning: May through July

Every Thursday in May and Wednesday in June and July

Thursday, May 2: Money Management Part 1

Thursday, May 9: Healthy Cooking

Thursday, May 16: Money Management Part 2

Thursday, May 23: No Class- family cookout

Thursday, May 30: Etiquette Part 1 (skills)

Wednesday, June 5: Etiquette Part 2 (practice)

Wednesday, June 12: Understanding Your Options and Setting Goals

Wednesday, June 19: Writing your resume

Wednesday, June 26: Searching for a Job

Wednesday July 3: Preparing for an interview

Wednesday, July 10: Interview Practice

Wednesday, July 17: Managing a Bank Account/ Keeping a Budget

Wednesday, July 24: Insurance

Wednesday, July 31: Taxes